

Community Health Needs Assessment 2016

OTTAWA REGIONAL HOSPITAL & HEALTHCARE CENTER
d/b/a OSF SAINT ELIZABETH MEDICAL CENTER

MENDOTA COMMUNITY HOSPITAL
d/b/a OSF SAINT PAUL MEDICAL CENTER

LASALLE COUNTY



*Collaboration for sustaining
health equity*

LASALLE COUNTY COMMUNITY HEALTH-NEEDS ASSESSMENT

The LaSalle County Community Health-Needs Assessment (CHNA) is a collaborative undertaking by OSF Saint Elizabeth Medical Center and OSF Saint Paul Medical Center to highlight the health needs and well-being of residents in LaSalle County. Through this needs assessment, collaborative community partners have identified numerous health issues impacting individuals and families in the LaSalle County region. Several themes are prevalent in this health-needs assessment – the demographic composition of the LaSalle County region, the predictors for and prevalence of diseases, leading causes of mortality, accessibility to health services and healthy behaviors.



Results from this study can be used for strategic decision-making purposes as they directly relate to the health needs of the community. The study was designed to assess issues and trends impacting the communities served by the collaborative, as well as perceptions of targeted stakeholder groups.

In order to perform these analyses, information was collected from numerous secondary sources, including publically available sources as well as private sources of data. Additionally, survey data from 715 respondents in the community were assessed with a special focus on the at-risk or economically disadvantaged population. Areas of investigation included perceptions of the community health issues, unhealthy behaviors, issues with quality of life, healthy behaviors, and access to medical care, dental care, prescription medications and mental-health counseling. Additionally, demographic characteristics of respondents were utilized to provide insights into why certain segments of the population responded differently.

Ultimately, the identification and prioritization of the most important health-related issues in the LaSalle County region were identified. The collaborative team considered health needs based on:

- (1) magnitude of the issue (i.e., what percentage of the population was impacted by the issue);
- (2) severity of the issue in terms of its relationship with morbidities and mortalities;
- (3) potential impact through collaboration.

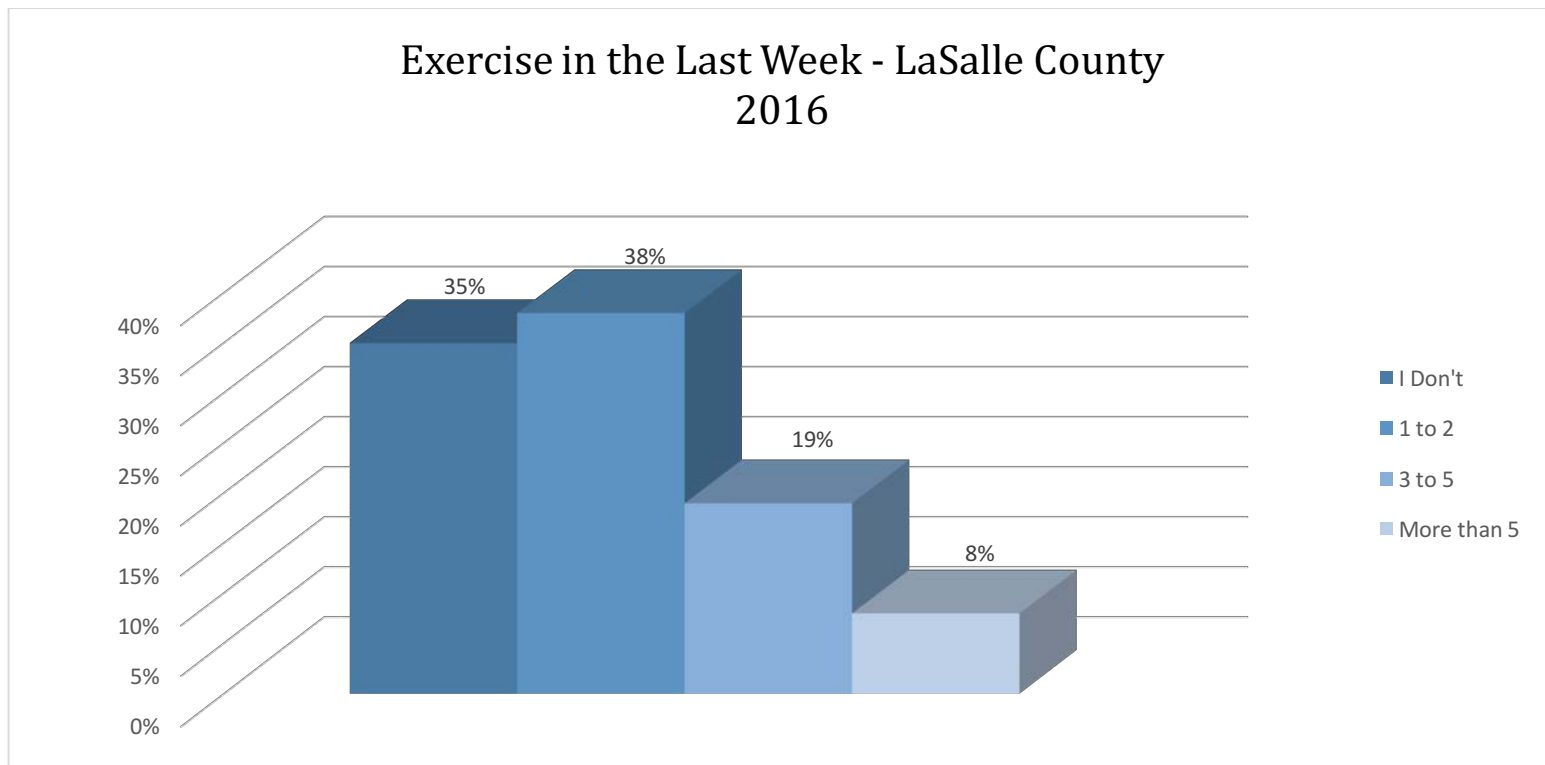
Using a modified version of the Hanlon Method, the collaborative team prioritized two significant health needs:

- **Healthy Behaviors**
- **Behavioral Health**

I. HEALTHY BEHAVIORS –ACTIVE LIVING, HEALTHY EATING AND SUBSEQUENT OBESITY

ACTIVE LIVING

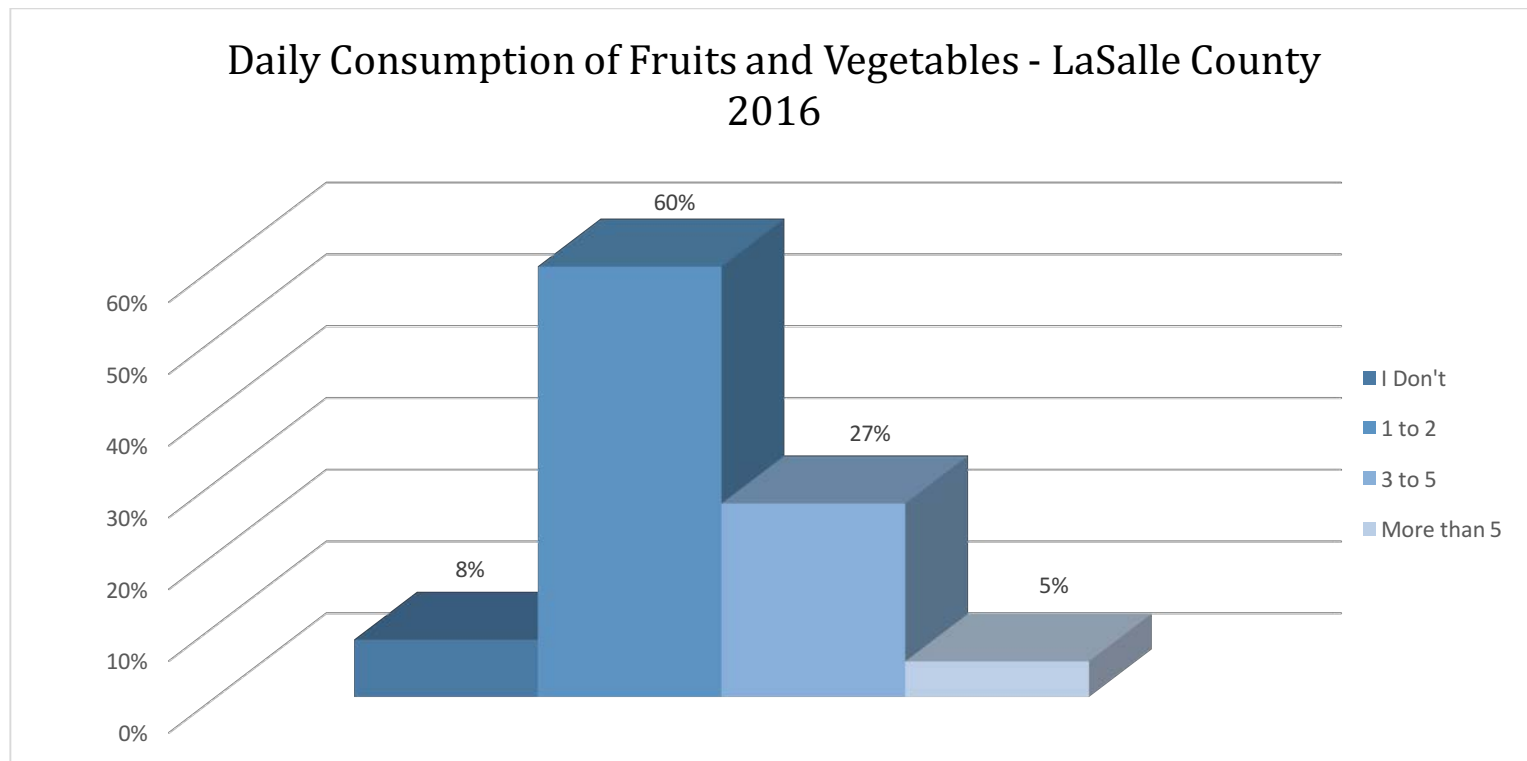
A healthy lifestyle, comprised of regular physical activity and balanced diet, has been shown to increase physical, mental, and emotional well-being. Note that 73% of respondents in LaSalle County indicated they exercise 2 or fewer times per week.



Source: CHNA Survey

HEALTHY EATING

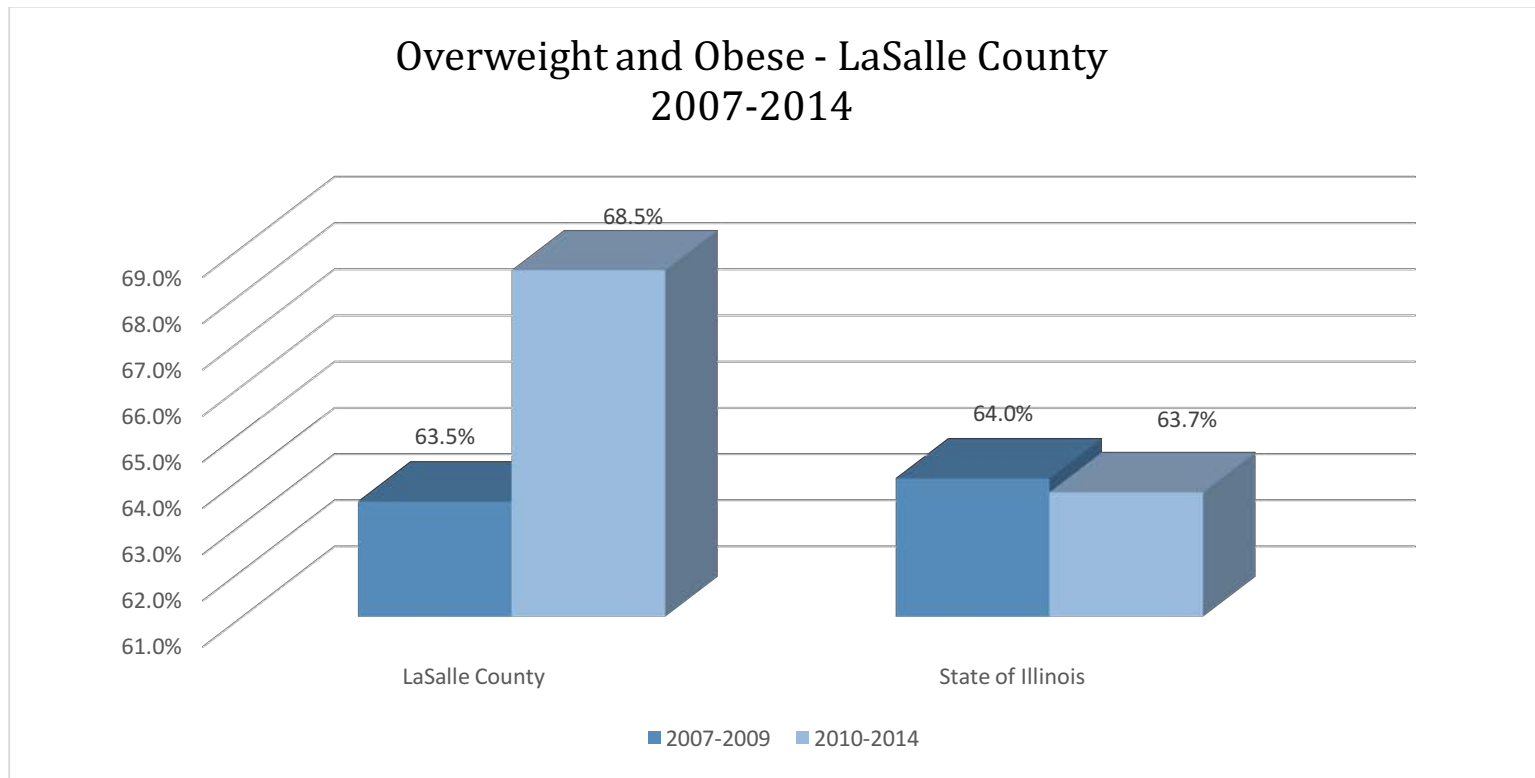
Over two-thirds (68%) of LaSalle County residents report no consumption or low consumption (1-2 servings per day) of fruits and vegetables per day. Note that the percentage of LaSalle County residents who consume five or more servings per day is only 5%.



Source: CHNA Survey

SUBSEQUENT OBESITY

Healthy behaviors are directly related to issues such as obesity. In LaSalle County, the number of people diagnosed with obesity and being overweight has increased from 2009 to 2014. Note specifically that the percentage of obese and overweight people has increased from 63.5% to 68.5%. Overweight and obesity rates in Illinois have decreased slightly during the same time period, from 64.0% to 63.7%.

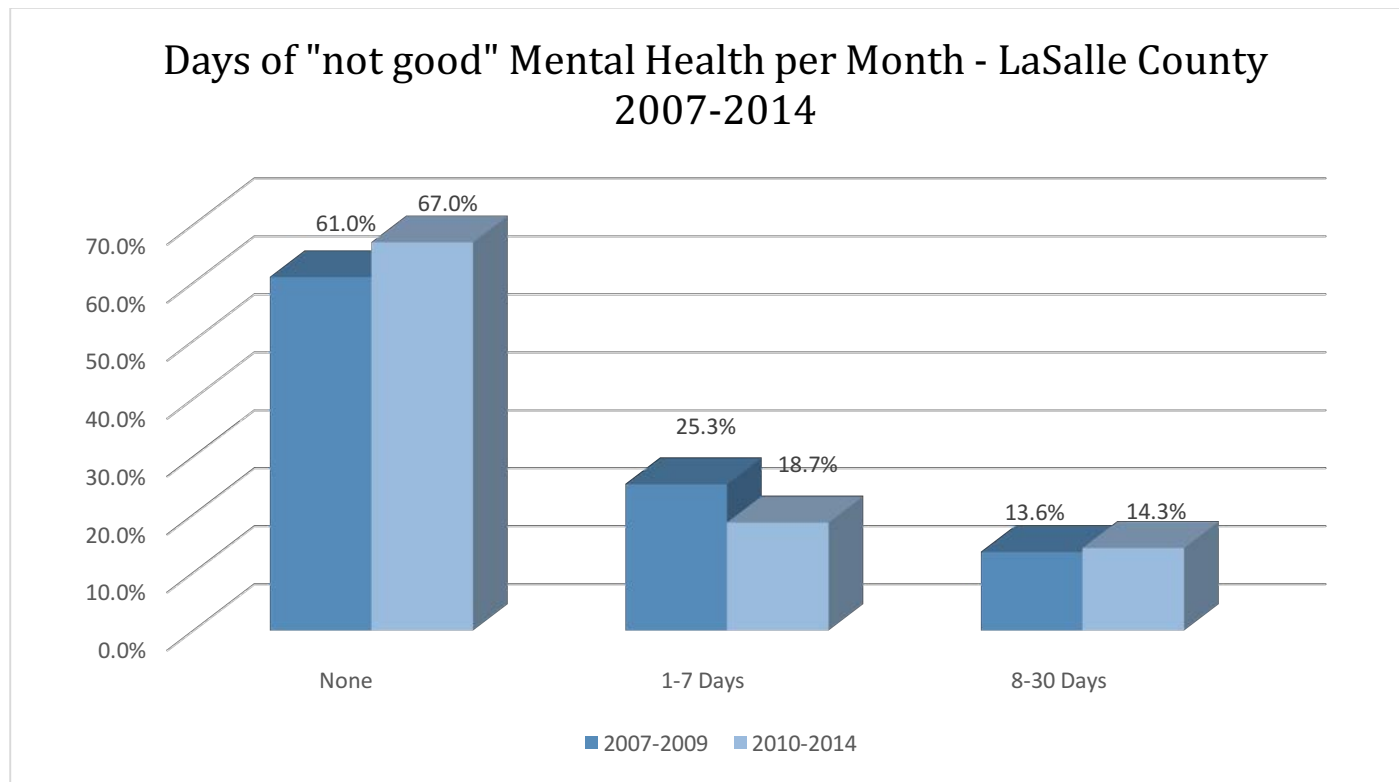


Source: Illinois Behavioral Risk Factor Surveillance System

II. BEHAVIORAL HEALTH – MENTAL HEALTH AND SUBSTANCE ABUSE

MENTAL HEALTH

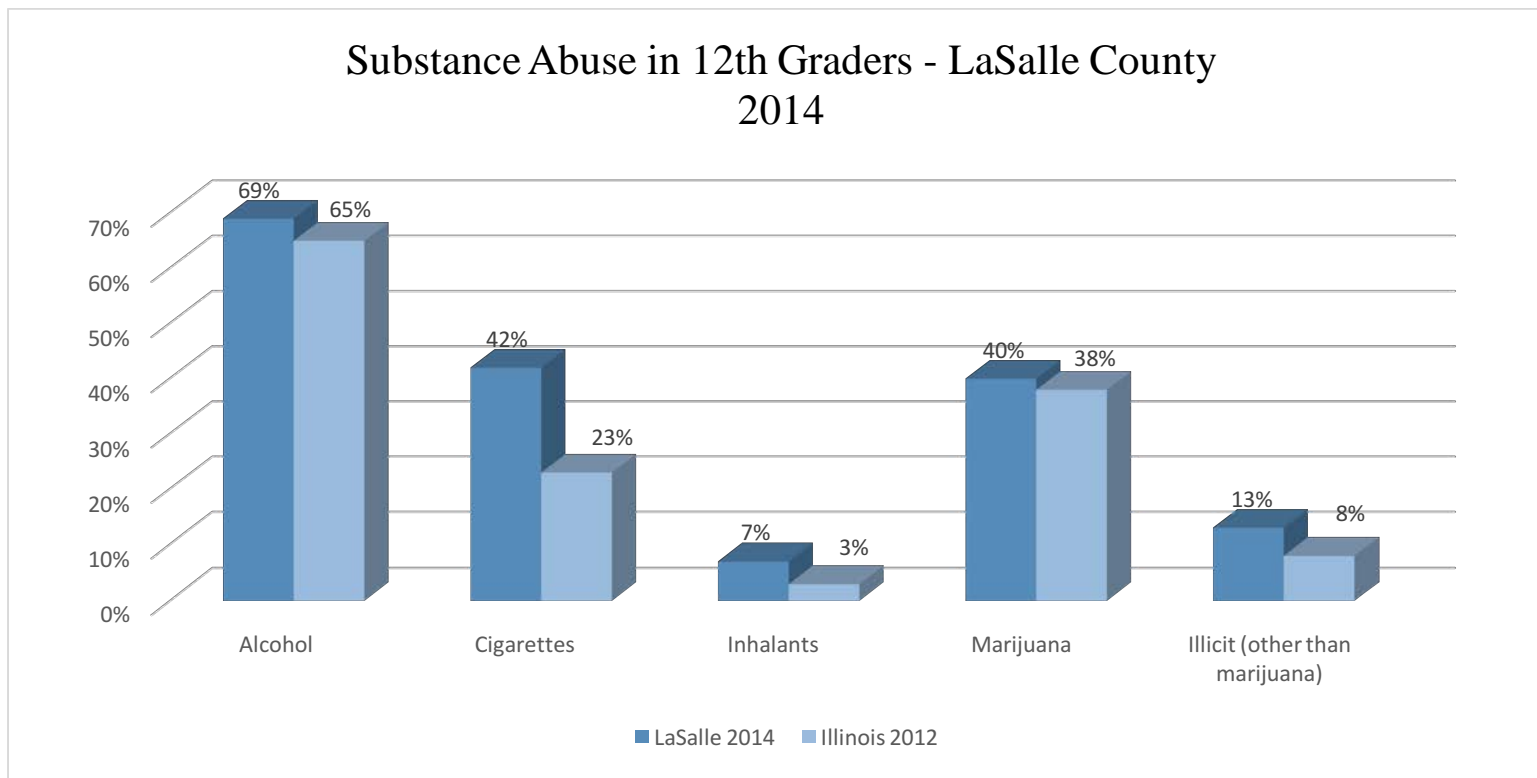
Approximately 25% of residents in LaSalle County reported they had experienced 1-7 days with poor mental health per month in 2007-2009, and 13.6% felt mentally unhealthy on 8 or more days per month for 2009. In 2010-2014, there was a decrease in the number of people who reported poor mental health for 1-7 days to 18.7% of the population and a slight increase in people who reported poor mental health 8 or more days per month to 14.3% of the population.



Source: Illinois Behavioral Risk Factor Surveillance System

SUBSTANCE ABUSE

Alcohol and drugs impair decision-making, often leading to adverse consequences and outcomes. Research suggests that alcohol is a gateway drug for youth, leading to increased usage of controlled substances in adult years. Accordingly, the substance abuse values and behaviors of high school students is a leading indicator of adult substance abuse in later years. Alcohol and drugs impair decision-making, often leading to adverse consequences and outcomes. Data from the 2014 Illinois Youth Survey measure illegal substance use among adolescents. LaSalle County is higher than State averages in all categories among 12th graders.



Source: https://iys.cprd.illinois.edu/UserFiles/Servers/Server_178052/File/2014/cnty14_lasalle.pdf

Collaborative Team

Kim Abel, LaSalle County Health Department Board Member

Carol Alcorn, Illinois Valley PADS Homeless Shelter Program

Sarah Armstrong, OSF Saint Elizabeth Medical Center and CFH

Jenny Barrie, LaSalle County Health Department

Barbara Beer, OSF Saint Elizabeth Medical Center

Kenneth Beutke, OSF Saint Elizabeth Medical Center

Megan Brennan, Emergency Services

Karen Brodbeck, OSF Healthcare System

Cheryl Boelk, OSF Saint Paul Medical Center

Heather Bomstad, OSF Saint Paul Medical Center.

Christine Brown-Elston, OSF Medical Group Family Practice

Tammi Coons, United Way of Eastern LaSalle County and
Bridges Senior Center

Michael Cushing, OTHS

Sonia D’Cruz, OSF Saint Elizabeth Medical Center

Mario Espinoza, Youth Service Bureau of Illinois Valley

Jamie Fitzpatrick, Patient Care Supervisor

Jacquelyn Gamons, Family Birth Center

Tammy Grimes, OSF Saint Elizabeth Medical Center and CFH

Lee Jerde, ICU, AS and PACU

Jennifer Junis, OSF Saint Paul Medical Center

Kim Kennedy, OSF Saint Paul Medical Center

Julie Kerestes, LaSalle County Health Department

Jimmie Lansford, Mayor of Streator, IL

Bobbi Laun, Ottawa Children’s Dentistry

Robert McGraw, OSF Saint Elizabeth Medical Center and CFH

Wendy Navarro, OSF Saint Elizabeth Medical Center

Shelli Ocepek, United Way of Eastern LaSalle

Kara O’Mahoney, OSF Saint Elizabeth Medical Center

Yvette Pastirik, OSF Medical Group

Jeff Prusator, Mendota High School

Jocelyn Richmond, Choices Behavioral Health Inpatient and
Outpatient.

Kathleen Rombach, Clinical Practice

Rayanne Sester, Mendota Area Senior Services

Megan Skelly, Ottawa Area Chamber

Paula Swank, OSF Medical Group Physician Offices

Cleve Threadgill, Ottawa Elementary Schools

Dawn Trompeter, OSF Saint Elizabeth Medical Center and OSF
Saint Paul Medical Center

Michael Wells, Children’s Hospital of Illinois

Beth Whalen, Community Health Partnership of Illinois

Facilitators

Michelle A. Carrothers, OSF Healthcare System

Dawn Irion, OSF Healthcare System

Laurence G. Weinzimmer (Principal Investigator), Bradley
University